

# November 2023— North Cambridge Senior Center

2050 Massachusetts Avenue, Cambridge, MA 02140 617-349-6320 •

Open Monday, through Friday 8:30 - 5:00

Weekly Class Schedule

H: Hybrid • IP: In-person • V: Virtual

Monday	Tuesday	Wednesday	Thursday	Friday
Acrylic Painting IP) 9:30 - 12:00	Strength Building (IP) 9:30- 10:30	Zumba Gold (IP) 9:30- 10:30	Watercolors (H) 9:30 – 11:30	Whist (IP) 11:30 - 2:00
Dominoes (IP) 10:30- 11:30	Yoga & Resistance Bands (IP) 12:30- 1:30	Chair Yoga (V) 12:00 – 1:00	Dancing for Balance (H) 1:30 – 2:30	Bridge (IP) 2:00 - 4:00
Dancing for Balance (H) 1:00 – 2:00			Gentle Mat Yoga (IP) 3:00 – 4:15	
Gentle Mat Yoga (H) 3:30 – 4:30	Chair Yoga (H) 3:00– 4:00			

## November 2023 – NC Happenings and Special Events

**\*To register for classes/programs, unless specifically noted otherwise, please call the COA @ 617-349-6320.**

### Dominoes

**Mondays 10:30 - 11:30**

Learn the basics, strategies, and the joy of connecting tiles while having fun with fellow enthusiasts. Let the games begin! Lunch to follow.

### Yoga and Resistance Bands

**Tuesdays, 12:30 - 1:30**

This one hour, in-person class teaches you how to use resistance bands in variations of yoga poses and non-traditional movements! Build strength in an interesting, innovative way!

### Chair Yoga (IP) Wednesdays 12:00 - 1:00

Chair yoga is a gentle form of exercise perfect for all. It involves seated and standing poses using a sturdy chair for support. This low-impact practice improves flexibility, balance, and strength, while reducing stress.

### Gentle Mat Yoga

**In person Thursdays 3:00 - 4:15**

This class involves gentle stretches and poses on a soft yoga mat. This calming activity enhances flexibility, reduces tension, and promotes relaxation. Participants can enjoy improved mobility and peace of mind through this accessible form of yoga.

### Bridge

**Fridays 2:00 - 4:00**

Join our group for friendly bridge games every Friday after Whist. It's a great way to meet new friends, exercise your brain, and enjoy some quality time.

### Tai Chi - Self Led

**Wednesday, November 1, 8, 15, 22 & 29  
1:00 - 3:00**

This self-led Tai Chi class allows individuals to practice this ancient martial art on their own. With flowing, slow movements, it enhances balance, flexibility, and inner peace. Many find it beneficial as it promotes physical well-being and mental clarity.

## **— North Cambridge Continued**

### **Acrylic Painting Workshop: The Sunflower Mondays, November 13, 20 & 27**

Join the Acrylic Painting Workshop: The Sunflower and unleash your artistic talents. Guided by a skilled instructor, you'll learn to create a stunning sunflower masterpiece using acrylic paints. At the end of this three part class, each participants will take home a masterpiece of their very own! All supplies and materials are included. Lunch will follow. Cost is \$5 per session.

### **TRIP: National Heritage Museum and shopping at the Burlington Mall Friday, November 3, 10:00- 3:00**

Join us as we head to the Scottish Rite Masonic Museum & Library, formerly known as the National Heritage Museum. A unique museum dedicated to American history and Freemasonry. Afterwards, we will explore Burlington Mall where we will shop and eat. Cost \$5 for Transportation & Admission. Lunch on your own \$15-20.

### **Thanksgiving Lunch**

#### **Wednesday, November 15, 12:00 - 1:30**

Enjoy Thanksgiving lunch at Andy's Diner, where a delicious feast awaits. Savor traditional turkey and all the fixings without the hassle of cooking. Cost \$10.

### **TRIP: JFK Museum with Lunch at South Bay Friday, November 17, 10:00 - 3:00**

Join us as we head to the John F. Kennedy Presidential Library and Museum. A fantastic museum dedicated to the memory of our nation's thirty-fifth president and to all those who through the art of politics seek a new and better world! Afterwards, we will explore South Bay Shopping Plaza where we will shop and eat. Cost \$10 for Transportation & Admission. Lunch on your own \$15-20.